





# 2015-2016

## (Special Programs Organized for Recreation Time)

A year round program which provides activities for individuals with special needs. Participants of all ages and levels are welcome to enroll. Funding for this program is provided by the Towns of Belmont and Watertown, as well as user fees and private donations. Dedicated volunteers enable the S.P.O.R.T. Program to offer many outstanding programs at nominal fees. We promise continued excellence in recreation programming for individuals with special needs.

## **Registration Information**

Welcome to the start of the 2015–2016 season for Belmont S.P.O.R.T. To make registering for programs easier and to better plan your fall and winter schedules, we will register now for programs through the end of winter. We encourage you to plan ahead. Register early as programs will fill up and space is limited. Be sure to provide us with up to date contact information such as address, phone and e-mail address. These are helpful in allowing us to notify participants of changes and/or cancellations.

## \*IMPORTANT SAFETY INFORMATION\*

Family members and staff, always make sure that there is an instructor or coach at a program before you drop off an athlete/participant. Also, please arrive on time to pick up an athlete at the end of a program or event. There should be no instance where an athlete is left unsupervised.



Belmont S.P.O.R.T.
Susan Weiner, Director
Belmont Recreation Department
PO Box 56 Belmont, MA 02478
(617) 993-2760
www.belmontsport.org



### SPECIAL UPCOMING EVENTS

Bermuda Cruise: August 28 - September 4, 2015

## **ACKNOWLEDGEMENTS**

- Athlete of the year- Tom McCarter
- Coach of the year JohnPaul Argenti
- · Volunteer of the year- Kristina Smith

Cast your vote for Belmont SPORT customer choice awards @ www.watertownsavings.com

## A FEW IMPORTANT REMINDERS

- Most of your questions can be answered by calling the Recreation Department at (617) -993-2760. The office is open Monday-Friday from 8am until 4pm. After 4:00, you can call the recorded information number at 617-993-2768.
- All checks for programs listed in this booklet should be made out to the Town of Belmont, and mailed to:

### Belmont Recreation Department P.O. Box 56 Belmont, MA 02478

- A non-resident is anyone who does not live in Belmont, Watertown, Arlington, or Waltham
- When filling out the registration form please make sure to put the most up to date contact information for the S.P.O.R.T. participant. This is the information we use if we ever have to contact participants with last minute program changes!

The Recreation Commission has ZERO TOLERANCE for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policy may be removed from the program and/or have their membership privileges revoked.

Follow us on FACEBOOK: Belmont SPORT

# Price List Fall Winter 2015/2016

Program	Resident Cost	Non-Resident Cost	Location
Swimming Lessons	\$40	\$50	Belmont High School
Special Olympics Soccer	\$40	\$50	Winn Brook Elem. School
Unified Flag Football	\$40	\$50	Winn Brook Elem. School
Saturday Mini-Camp	\$40	\$50	Beech St. Center (266 Beech St.)
Time Out	No Charge	No Charge	Beech St. Center (266 Beech St.)
Candlepin Bowling League	\$40	\$50	Lanes and Games
Water Aerobics	\$50	\$60	Belmont High School
Dance Like a Star	\$40	\$50	Beech St. Center (266 Beech St)
Special Olympics B-Ball	\$40	\$50	Various locations
Floor Hockey	\$40	\$50	Beech St. Center (266 Beech St)/
			Winn Brook Elem. School
Ice Skating	\$40	\$50	Viglirolo Skating Rink
Nordic Skiing	\$10	\$20	Leo J. Martin Golf Course
Alpine Skiing	\$10	\$20	Nashoba Valley
*Friday Night Socials	No registration cost	\$20 for 1 year	Various locations
RAD Self Defense	\$5	\$15	Chenery Middle School
Lights Camera Action	\$40	\$50	Belmont Media Studio
Children's Program	\$30	\$40	Town Hall Belmont

<sup>\*</sup>Friday Night Socials: no-charge for registration for residents of Belmont, Watertown, Arlington and Waltham. Non- Residents registration fee is \$20 **plus the cost of event.** 

Beech Street Center (Senior Center) is located at:

# 266 Beech Street, Belmont MA 02478 Important Dates

Sunday Sept.13,2015	Soccer & Flag Football Tryouts	Winn Brook Field
Wednesday , September 16, 2015	Eric Hablow Golf Tournament	Sandy Burr Country Club Wayland, MA
Wednesday, Sept 30, 2015	Friends and Parent Meeting	Beech St Center 266 Beech St Belmont
Saturday October 17, 2015	Saturday Programs Begin	
Saturday October 24, 2015 10:30 - 12:00pm	Floor Hockey Tryouts	Beech St. Center
Saturday October 31, 2015 10:45 – 12:00pm	Basketball Tryouts	Belmont High School
Sunday, November 8, 2015	MA Special Olympics Soccer Tournament	Governor's Academy Byfield, MA
Sunday, November 15, 2015 Friday, November 20, 2015	MA Special O Flag Football  Basketball Shoot a Thon	Franklin High or Gillette Stadium  Belmont High School
Saturday December 12, 2015	S.P.O.R.T. Holiday Party	Beech Street Center
Sunday, Mar 6, 2016	Winter Games Basketball Player Development	ТВА
Saturday and Sunday March 12–13,2016	Winter Games Basketball, Floor Hockey	Worcester Area
Saturday and Sunday March 19–20, 2016	Alpine	ТВА

## **Swimming Lessons**



At the Belmont High School Pool on Saturdays. Class time depends on your level, see table below for details. Certified instructors and volunteers will help you refine your technique or get you started on the basics of swimming during this 30 minute class. **RED** means change of time just for that week.

Swimmers must be able to dress themselves or have a parent/staff person to help. Our staff does not monitor the locker rooms.

Session 1: October 17, 24, 31 November 7, 14, 21, Dec. 5, 12

Session 2: January 9, 16, 23, 30, February 6, 20, 27, March 5, 12, 19, 2016



Date	Level	Time	Location
Sat. October 17	Beginner	2pm or 2:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. October24	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. October 31	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. November 7	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. November 14	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. November 21	Beginner	12pm or 12:30pm	Belmont High
Gat. November 21	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. December 5	Beginner	2pm or 2:30PM	Belmont High
Cat. Describer 6	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. December 12	Beginner	2pm or 2:30	Belmont High
Sat. December 12	Intermediate		9
		1pm	Belmont High
Cat January 0	Advance	1:30pm	Belmont High
Sat. January 9	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
Cat. Ianuari 10	Advance	1:30pm	Belmont High
Sat. January 16	Beginner Intermediate	12pm or 12:30pm	Belmont High Belmont High
		1pm	, and the second
	Advance	1:30pm	Belmont High
Sat. January 23	Beginner	2pm or 2:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. January 30	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. February 6	Beginner	2pm or 2:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. February 20	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. February 27	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. March 5	Beginner	2pm or 2:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. March 12	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. March 19	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High

#### Dance like a Star

Come dance with us. Create your own dance routine while you learn the latest steps. Held Monday nights at the **Beech Street Center from 6:30-7:30pm** 

Session 1: September 21, 28, Oct. 5, 19,26 Nov. 2,9 16, 2015 Session 2: January 4,11,25, Feb 1,8,22,29 March 7,14,2016



#### Special Olympics Soccer

Weekly practices at the **Winn Brook Field** include drills and scrimmages. Athletes will be divided into teams based on skill assessments. Assessments will be made at the first practice. Ages: 8 and over on Sundays at the Winn Brook Field in Belmont from 3:30pm – 4:30pm

**Dates:** September, 13, 20, 27, October 4, 11, 18, 25, 2015

State Tournament November 8, 2015 Governor's Academy



## **Unified Flag Football**



Join Belmont S.P.O.R.T.'s unified flag football team. Athletes and partners will learn how to punt, pass and kick, as well as the rules for Special Olympics Flag Football. The team will have the opportunity to compete in the Fall Tournament. Ages: 8 and over on **Sundays at the Winn Brook Field in Belmont.** 



Pats practice from 10:00 – 11:30. Hawks practice from 10:30 – 11:30. You will be notified after the first practice which team you will be on.

Date: September 13, 20, 27, October 4, 11, 18, 25, November 1,8,2015

<u>Tryouts for Flag Football are on September 13, 2015 from 10:30 – 11:30</u>



#### R.A.D. Self Defense

Held Monday and Wednesday nights at Chenery Middle School 6:00 – 7:30pm

Learn how to protect yourself at home and in the community. Participants will learn what is appropriate touching vs. inappropriate. There will be some whole group instruction, and sometimes separate male and female instruction. There will be one session.

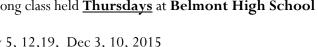
**Dates:** September 14,16,21,23 2015



#### **Water Aerobics**



This program will help you feel fit and slim down while having a lot of fun. Great music will help motivate you through this one hour long class held Thursdays at Belmont High School 7:00-8:00pm



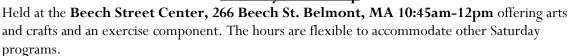


**Session 1:** Oct 1, 8, 15, 22, 29 Nov 5, 12,19, Dec 3, 10, 2015

**Session 2:** Jan, 7,14,21,28 Feb 4,11,25, March 3,10,17 2016



#### Saturday Mini Camp





<u>Session 1:</u> October 17, 24,31 November 7,14,21 2015 December 5,12, 2015

**Session 2:** January 9,16,23,30 February 6,20,27 March 5,12,19, 2016

**Please Note:** 

Saturday October 17<sup>th</sup>- Meet at the Bulter School 90 White St. Belmont <u>Saturday October 31 – Meet at Belmont High School Room 113</u>





Fill-in program open to Floor Hockey players and Mini-Camp participants who are enrolled in swimming lessons. Enjoy some free time with friends between programs. Bring your lunch, a favorite CD or book, enjoy making a simple craft or just hang out chatting with your friends for an hour or so. Saturday mini-camp staff will chaperon the hour. 12:00pm-1:00pm

Session 1: October 17, 24,31 November 7, 14, 21, December 5, 12, 2015

Session 2: January 9,16,23,30 February 6, 20, 27, March 5, 12, 19, 2016

Saturday October 17<sup>th</sup> - Meet at the Bulter School 90 White St. Belmont

<u>Saturday October 31 – Meet at Belmont High School Room 113</u>



#### **Candlepin Bowling League**



Teams of 8 players bowl in this non-competitive league for fitness, skill development and the opportunity to have fun with friends! Parents and friends are encouraged to assist in the league by scorekeeping. Takes place on Saturday mornings from 9-10:15am at Lanes and Games on Rte. 2 in Cambridge. For those needing transportation, a van will leave from the Phillips School in Watertown at 8:45am. We will provide transportation to other Saturday programs from Lanes and Games. Space is limited in this program!!



Session 1: October 17, 24,31 November 7,14,21 December 5,12, 2015 Session 2: January 9,16,23,30 February 6, 20, 27, March 5, 12, 19, 2016





Played on Saturdays (10:45am-12pm) at the Beech St. Center and /or Wednesdays at the Winn Brook School (6:30 – 7:30) floor hockey is a sport similar to street hockey but played indoors with a felt donut shaped puck passed using straight sticks. Interested athletes of all ability should attend tryouts on:



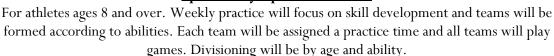
Saturday October 24 at 10:30am-12pm at the Beech Street Center (266 Beech Street) ALL players must supply and wear their own helmets, gloves and shin pads.

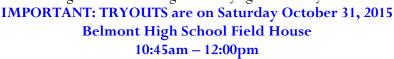
<u>Saturdays:</u> Oct. 24, Nov.7, 14, 21 Dec. 5, 12, 2015 Jan 9, 16, 23, 30 Feb. 6, 20, 27 Mar 5, 2016

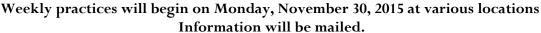
Wednesdays: Dec 2,9,16, 2015 Jan. 6,13,20,27 Feb 3, 10, 24 March 2, 9, 2016



## Special Olympics Basketball









#### Ice Skating



Jean Giblin Raftery will be back to teach basic skating skills and also coach for Special Olympic competition in figure and speed skating. With an eager group of volunteers and some special supports to help with balance, we're sure everyone will have a great time. Sunday's at the Belmont Indoor Rink on Concord Ave from 1pm-1:50pm Helmets must be worn!

**Session 1:** November 8,15,22,29 December 6, 13,20 2015 Session 2: January 10,17, 24,31, February 7,14,21, 2016



#### Nordic Skiing



At the Leo J. Martin Golf Course for skiers ages 8 and over. This program is held on Tuesday nights beginning January from 6:30-8pm. This program is open to skiers who are new to the sport or more experienced skiers who want to compete at winter games. Training is provided for athletes wishing to compete. There is a \$5 per week equipment rental cost.



**Dates:** January 5, 12,19,26,February 2,9, 2016



#### <u>Alpine Skiing</u>



This program is held at the Nashoba Valley Ski Area in Westford, MA for six Saturday nights beginning on January. Experienced Special Olympic coaches will train athletes for Winter Games competition. This program is open ONLY to athletes wanting to train and compete in the Special Olympics Winter Games. You must provide your own transportation. Nashoba Valley at 6:00-9:00pm



#### All athletes must have their own equipment!

**Dates:** January 9,16,23,30, February 6,13,2016

#### Lights... Camera.... Action!!!



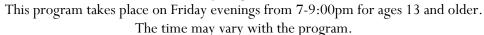
Did you ever wonder what it would be like to produce your own TV show? We are very excited to be working with Belmont Media Center. Come learn the behind the scenes of TV production. We will even be making our very own TV show.

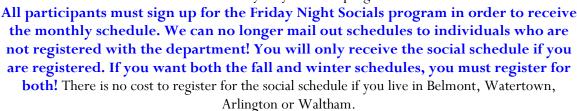
We will be meeting at Belmont Media Center 9 Lexington St Belmont on Thursday evenings from 6:00 to 7:30pm (the days that we go out to shoot the TV show will be longer hours)

Dates: September 17,24 October8,15,22, November 5,12,19 2015

You must be at least 18 years old to participate space is limited

#### **Friday Night Socials**





All non-residents must pay the registration fee of \$20 which will cover both fall and winter.





**Music and Movement** 

Shake, Rattle and Roll on **Wednesdays**Come meet some new friends while playing game.
Session 1 October 7, 14, 21, 28, 2015
Session 2 January 6, 13, 20, 27, 2016
4:15 pm to 5:00 pm

4:15 pm to 5:00 pm Ages 5 to 10

**Location: Town Hall Building Conference Room # 2** 



#### **FALL REGISTRATION**

Please Mail to: Belmont Recreation Department P.O. Box 56, Belmont MA 02478

Name:	DOB:	Mailing Address:
	<u> </u>	

Phone: Reliable Emergency Phone: E-Mail:

I hereby grant permission for myself / my child to participate in the Belmont S.P.O.R.T. program. I expressly agree to release and save harmless the Town of Belmont or any of its employees and volunteers from any liability for injury resulting from participation in this program.

Date Parent/Guardian Signature

<u>Program</u>	Date	Res	NON	<u>check bo</u>
Swim Lessons/Begin 1	Oct 17-Dec 12	\$40	\$50	
Swim Lessons/Begin 2	Oct 17-Dec 12	\$40	\$50	
Swim Lessons/Interm	Oct 17-Dec 12	\$40	\$50	
Swim Lessons/Adv	Oct 17-Dec 12	\$40	\$50	
Special Olympic Soccer	Sept 13- Oct 25	\$40	\$50	
Unified Flag Football	Sept 13- Nov 8	\$40	\$50	
R.A.D Self Defense	Sept 14 - Sept 23	\$5	\$15	
Water Aerobics	Oct 1- Dec 10	\$40	\$50	
Saturday Mini Camp	Oct 17-Dec 12	\$40	\$50	
Time Out	Oct 17-Dec 12	N/A	N/A	
Candlepin Bowling League	Oct 17-Dec 12	\$40	\$50	
Floor Hockey	Oct 25 - March 4	\$40	\$50	
Special Olympics B-ball	Nov 24- March 2	\$40	\$50	
Dance Like a Star	Sept 21 - Nov 16	\$40	\$50	
Ice Skating	Nov 8 – Dec 20	\$40	\$50	
Friday Night Socials	Sept- June	\$0	\$20	
Children's Program	Oct 7- Oct 28	\$30	\$40	
Lights Camera Action	Sept 17- Nov 19	\$40	\$50	

<sup>\*\*</sup>Non-Resident is anyone who does not live in Belmont, Watertown, Waltham and Arlington. \*\*

Friday night socials: \$20 covers the registration fee. There may be additional costs depending on the program. If you do not sign up for Friday Night Socials you will not receive the schedules in the mail.

The Beech Street Center 266 Beech Street Belmont, MA 02478

Total of Check Enclosed: \$\_\_\_\_\_ Make all checks payable to: TOWN OF BELMONT

Mail Registration form and payment to: Belmont Recreation Department P.O. BOX 56 Belmont, MA 02478

#### WINTER REGISTRATION

Please Mail to: Belmont Recreation Department P.O. Box 56, Belmont MA 02478

Name:	DOR:	Mailing Address:	

Phone: Reliable Emergency Phone: E-Mail:

I hereby grant permission for myself / my child to participate in the Belmont S.P.O.R.T. program. I expressly agree to release and save harmless the Town of Belmont or any of its employees and volunteers from any liability for injury resulting from participation in this program.

Date Parent/Guardian Signature

Program:	Dates: R	esident	Non-Res.	Check Off
	<del></del>			
Swim Lessons/Begin. 1	Jan 9- March 19	\$40	\$50	
Swim Lessons/Begin. 2	Jan 9- March 19	\$40	\$50	
Swim Lessons/Interm	Jan 9- March 19	\$40	\$50	
Swim Lesson/Adv	Jan 9- March 19	\$40	\$50	
Dancing like a Star	Jan 4- March 14	\$40	\$50	
Water Aerobics	Jan 7- March 17	\$40	\$50	
Saturday Mini-Camp	Jan 9- March 19	\$40	\$50	
Time Out	Jan 9- March 19	N/A	N/A	
Candlepin Bowling League	Jan 9- March 19	\$40	\$50	
Ice Skating	Jan 10 - Feb 21	\$40	\$50	
Nordic Skiing	Jan 5 – Feb 9	\$10	\$20	
Alpine Skiing	Jan 9 - Feb 13	\$10	\$20	
Children's program	Jan 6- Jan 27	\$30	\$40	

<sup>\*\*</sup>Non-Resident is anyone who does not live in Belmont, Watertown, Waltham and Arlington. \*\*

Total of Check Enclosed: \$\_\_\_\_\_ Make all checks payable to: TOWN OF BELMONT

Mail Registration form and payment to:

Belmont Recreation Department

P.O. Box 56

Belmont, MA 02478

Dear Parents and Friends of Athletes.

Last year we had an overwhelming response to our request for support at programs and events. We are asking for your help again. Below are events occurring during the year which requires extra help. We ask that if it is possible, you sign up to help out at one of these events.

Name		Phone Number	
Golf Tournament	Wednesday, September 16, 2015 8am-11am 11am-3pm		
Basketball Shoot a Thon	Fri. Nov. 20, 2015		
Holiday Party	Saturday, Dec. 12, 2015		
Family BINGO Night	March 2016 (TBA)		
Coach or be an assistant coach			
Be a Unified Partner (Be specific as to where y	ou can help)		
Please describe below any other way you would like to assist. Thank you for your help!			

